


**Stay Calm
Stay Prepared
Stay Informed
CALTCM.org**

**Webinar Series
COVID-19: CALTCM Weekly Rounds**

May 18, 2020

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Thank you to our Planning Committee!

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Janice Hoffman-Simen, Pharm.D., EdD, APH, BCGP, FASCP
Ashkan Javaheri, MD
Albert Lam, MD
Jay Luxenberg, MD
Karl Steinberg, MD, CMD, HMDC
Michael Wasserman, MD, CMD*



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We're all in this together.
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Webinar Moderator

Ashkan Javaheri, MD, CMD
Geriatrician, Mercy Medical Group–Dignity Health Medical Foundation; Head of the Geriatric Division, Associate Clinical Professor, UC Davis School of Medicine



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Webinar Faculty

Debra Kaysen, Ph.D., ABPP
Professor, Department of Psychiatry and Behavioral Sciences; Stanford University; President, International Society for Traumatic Stress Studies




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Webinar Panelist

Tracie E. Murray, JD, NHA
Administrator
Cedar Crest Nursing and Rehabilitation Center



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Webinar Panelist

Budgie Amparo, RN, MSN
Chief Clinical Officer; NewGen Health LLC



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Webinar Faculty

Michael Wasserman, MD, CMD
Geriatrician, President, CALTCM,
Medical Director, Eisenberg Village,
Los Angeles Jewish Home



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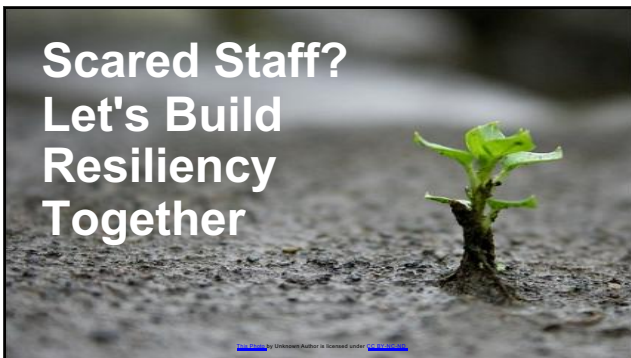
Webinar Faculty

Jay Luxenberg, MD
Chief Medical Officer, On Lok
CALTCM, Wave Editor-in-Chief



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**Scared Staff?
Let's Build
Resiliency
Together**

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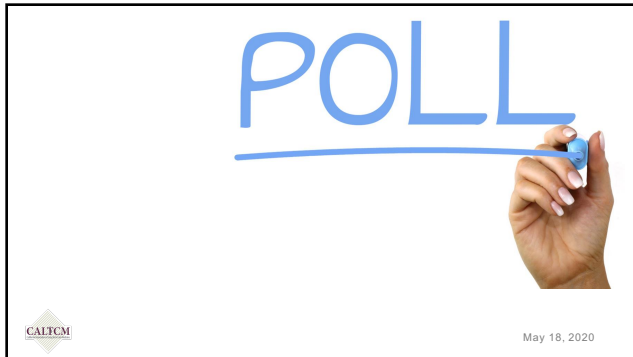
**Managing Distress Related to Patient
Care During the COVID-19 Pandemic**

Dr. Debra Kaysen, PhD
Professor
Psychiatry & Behavioral Sciences

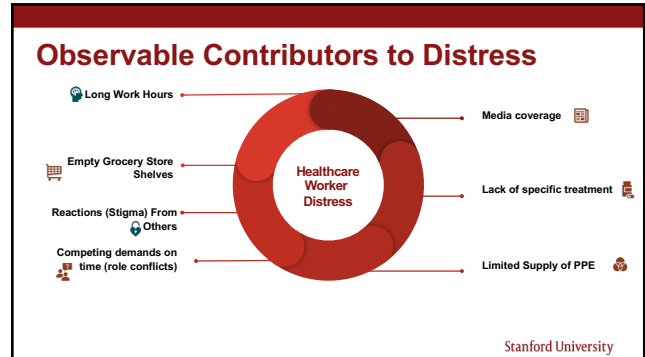
President
International Society for Traumatic Stress
www.istss.org

Stanford University

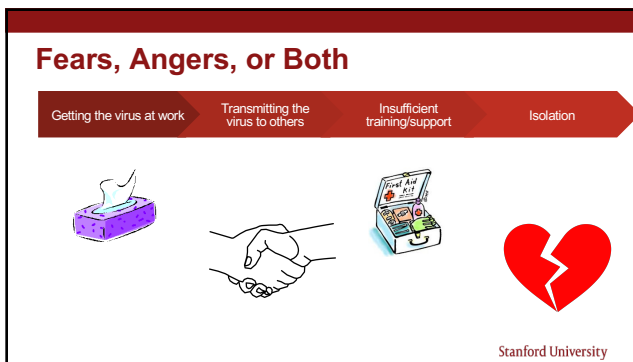
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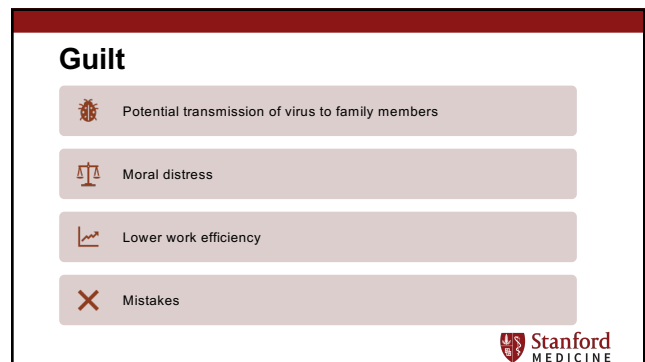
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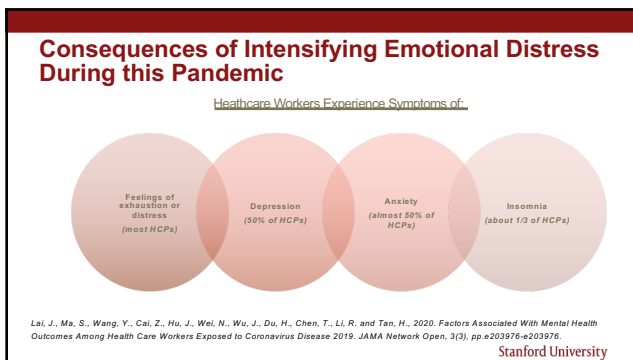
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Engaging Social Connections and Support

Support for needs	Emotional support	Social connection
Feeling needed	Reassurance of self-worth	Reliable support
Advice and information	Physical assistance	Material assistance

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Managing Reminders

Trauma Reminders	Loss Reminders	Change Reminders
Evoke thoughts and feelings related to the event	Bring to mind the absence of loved one	Remind providers of how life has changed

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Self Talk



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Stress Can Change Our Self-Talk

Safety "This is a terrible time" "I can't keep myself/my family safe"	Trust "I can't trust my own judgment"	Esteem "Other people don't care enough to get us appropriate PPE" "The world is unfair"
Control "I can't manage this work"	Blame "Something bad happened. It was my fault"	

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3 Goals of Self Talk

1. Identify Unhelpful Thoughts
2. Test The Thoughts
3. Change Your Thoughts

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Test the Thoughts

Compassionate Lens

- What would you say to a good friend who was saying this?
- What would your kindest self say about this?

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Test the Thoughts

Gaining Perspective

- What's the evidence that this is true? Any evidence that isn't completely true?
- Is there another way to look at the situation that would be less distressing and more helpful?

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Test the Thoughts

Hindsight Bias Recognition

- Did you know this would be the outcome?
- Realistically, what options did you have at the time?

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Identify Helpful Thoughts

Control

"I can't manage this work"

"I am coping the best I can, in a really difficult situation"

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Identify Helpful Thoughts

Safety

"I can't keep my family safe"

"I have specific things that I can do that will be more likely to keep my family safe"

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Identify Helpful Thoughts

Blame




"I should have done something differently"

"I did the best I could in a really difficult situation"

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Accessible tools to support coping

COVID Coach	Sleep	MoveForward
<ul style="list-style-type: none"> → Tools for self care → Relaxation and coping skills 	<ul style="list-style-type: none"> → Based on CBT-I → Program for addressing sleep problems 	<ul style="list-style-type: none"> → Stress and problem solving tools
		
https://www.ptsd.va.gov/appovid/mobile/COVID_coach_app.asp	https://www.ptsd.va.gov/appovid/mobile/cbticoach_app_public.asp	https://www.ptsd.va.gov/appovid/mobile/movingforward_app.asp

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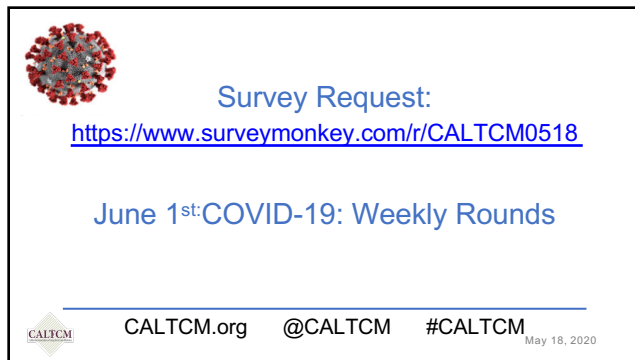
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Q & A

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<https://www.surveymonkey.com/r/CALTCM0518>
 June 1st: COVID-19: Weekly Rounds

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 SAVE A LIFE!

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Upcoming CALTCM CME/CEU events:

Leadership & Management in Geriatrics: July 31 & August 1
*****VIRTUAL EVENT*****

**46th Annual Meeting:
 2020 CALTCM Summit for Excellence: October 8-10**



UNLOCK YOUR LEADERSHIP POTENTIAL
 July 31 – August 1, 2020 Omni La Costa Resort & Spa, Carlsbad, CA



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